



The Sheldon Short Guide to Depression

Tim Cantopher

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Sheldon Short Guides let you grasp the essentials in less than an hour! Depression is a physical illness caused by malfunction of the limbic system, the brain circuitry which controls many of the body's processes, such as sleeping-waking cycles, temperature control, eating patterns, hormones - and mood. Depression ensues when the limbic system becomes overloaded, such as during periods of prolonged stress.

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